## What is Claimed is:

1. An interactive television program guide system implemented on user television equipment, comprising:

means for simultaneously displaying (a) a program list that contains multiple program listings, that only contains program listings for programs that are currently being broadcast, and that has a highlight region for highlighting a given one of the program listings, (b) a video window that contains an unobstructed view of a television program, and (c) a detailed program description of the highlighted program listing;

means for allowing the user to position the highlight region among the program listings; and means for automatically updating the detailed program description to correspond to the highlighted program listing whenever the highlight region is positioned on a new program listing while leaving the television program in the video window unchanged.

- 2. The interactive television program guide system defined in claim 1 further comprising means for synchronizing the television program in the video window and the highlighted program listing.
  - 3. The interactive television program guide system defined in claim 2 wherein the means for synchronizing further comprises means for providing the user with an opportunity to select the highlighted program listing.

- 4. The interactive television program guide system defined in claim 3 wherein the means for providing the user with an opportunity to select the highlighted program listing further comprises means for allowing the user to select the highlighted program listing with a remote control select key.
- 5. The interactive television program guide system defined in claim 3 wherein the means for synchronizing further comprises means for providing the user with the opportunity to synchronize the television program in the video window and the highlighted program listing using remote control channel up and down keys.
- 6. The interactive television program guide system defined in claim 3 wherein the means for synchronizing further comprises means for allowing the user to change the channel for the television program that is displayed in the video window to an adjacent channel while simultaneously positioning the highlight region on top of the program listing for that channel in the program list.
- 7. The interactive television program guide system defined in claim 1 wherein the means for allowing the user to position the highlight region further comprises means for allowing the user to position the highlight region with remote control cursor keys.
- 8. The interactive television program guide system defined in claim 1 wherein the means for

allowing the user to position the highlight region further comprises means for allowing the user to position the highlight region with remote control page up and down keys.

- 9. The interactive television program guide system defined in claim 1 wherein the means for allowing the user to position the highlight region further comprises means for allowing the user to position the highlight region with remote control numeric keys.
- 10. The interactive television program guide system defined in claim 1 further comprising means for providing the user with an opportunity to display an information screen containing an additional description of the highlighted program listing.
- 11. The interactive television program guide system defined in claim 1 further comprising means for providing the user with an opportunity to return to normal television viewing from the simultaneously displayed program list, video window, and detailed program description.
- 12. The interactive television program guide system defined in claim 1 wherein the means for positioning the highlight region further comprises means for positioning the highlight region whenever the user presses channel keys, the system further comprising:

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means for changing the channel of the television program displayed in the video window to an adjacent channel whenever the user presses one of the channel keys; and

means for displaying the program list with the highlight region repositioned at the top of the list on top/of a program listing for the adjacent channel whenever the program listing for the adjacent channel does not appear on the program list when the user presses one of the channel keys to change channels

13. A method for using an interactive television program guide system implemented on user television equipment, comprising the steps of:

simultaneously displaying (a) a program list that contains multiple program listings, that only contains program listings for programs that are currently being broadcast, and that has a highlight region for highlighting a given one of the program listings, (b) a video window that contains an unobstructed view of a television program, and (c) a detailed program description of the highlighted program listing;

allowing the user to position the highlight region among the program listings; and automatically updating the detailed program description to correspond to the highlighted program listing whenever the highlight region is positioned on a new program listing while leaving the television program in the video window unchanged.

- 14. The method defined in claim 13 further comprising the step of synchronizing the television program in the video window and the highlighted program listing.
- 15. The method defined in claim 14 wherein the step of synchronizing further comprises the step of providing the user with an opportunity to select the highlighted program listing.
- 16. The method defined in claim 15 wherein the step of providing the user with an opportunity to select the highlighted program listing further comprises the step of allowing the user to select the highlighted program listing with a remote control select key.
- 17. The method defined in claim 15 wherein the step of synchronizing further comprises the step of providing the user with the opportunity to synchronize the television program in the video window and the highlighted program listing with remote control channel up and down keys.
- 18. The method defined in claim 15 wherein the step of synchronizing further comprises the step of allowing the user to change the channel for the television program that is displayed in the video window to an adjacent channel while simultaneously positioning the highlight region on top of the program listing for that channel in the program list.

- 19. The method defined in claim 13 wherein the step of allowing the user to position the highlight region further comprises the step of allowing the user to position the highlight region with remote control cursor keys.
- 20. The method defined in claim 13 wherein the step of allowing the user to position the highlight region further comprises the step of allowing the user to position the highlight region with remote control page up and down keys.
- 21. The method defined in claim 13 wherein the step of allowing the user to position the highlight region further comprises the step of allowing the user to position the highlight region with remote control numeric keys.
- 22. The method defined in claim 13 further comprising the step of providing the user with an opportunity to display an information screen containing an additional description of the highlighted program listing.
- 23. The method defined in claim 13 further comprising the step of providing the user with an opportunity to return to normal television viewing from the simultaneously displayed program list, video window, and detailed program description.
- 24. The method defined in claim 13 wherein the step of positioning the highlight region further

comprises the step of positioning the highlight region whenever the user presses channel keys, the method further comprising the steps of:

changing the channel of the television program displayed in the video window to an adjacent channel whenever the user presses one of the channel keys; and

displaying the program list with the highlight region repositioned at the top of the list on top of a program listing for the adjacent channel whenever the program listing for the adjacent channel does not appear on the program list when the user presses one of the channel keys to change channels.

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